

October 2020

Carver Council on Aging

What's Inside for October

Retirement News



It is with very mixed emotions that we announce the retirement of Outreach Worker Judy Murphy, effective September 18, 2020. Judy has worked with deep devotion to serve the seniors of Carver for over 26 years, visiting clients at home or while in nursing care, referring individuals for services, providing follow up assistance, and generally ensuring that her clients' needs were met. She has always done her job cheerfully and without complaint, offering kindness and compassion to anyone who visited the Council on Aging or called her on the telephone. Judy served as the President of the Board of Directors of Old Colony Elder Services for many years and her colleagues on the board always respected her wisdom, experience, and guidance. She will be missed by all of us who worked with her and we know all of you will miss her as well. Though we are terribly sad to see her leave, we wish her a long, happy and healthy retirement and hope that she will fondly recall her years working for the Town of Carver.

LIMITED COA HOURS Coffee Hour

*Tuesdays and Thursdays,
10:00 am - 11:30 am*

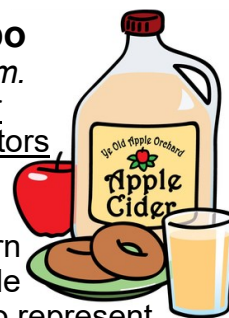
Join us for coffee and a sweet treat. Occupancy will be limited to 10 participants with 2 per table to maintain social distancing. Masks are required. Please call for a reservation by noon the day before at 508-866-4698 x4.



Meet & Greet at the Gazebo

Monday, October 19th at 2:00 pm.

Meet the members of the Carver Council on Aging Board of Directors for hot cider and donuts at the Gazebo next to Town Hall. This will be a great opportunity to learn what the COA has to offer, mingle with other seniors and those who represent your interests. There will also be drawings for gift cards and gift baskets to benefit the Friends of the Carver COA who provide funding for crafts, programs and trips for the seniors of the community. ***Space may be limited due to social distancing so please make a reservation by 10/15 by calling Connie at 508-866-4698 x3.*** (The rain date will be Wednesday, October 21st).



Grab & Go Lunches Continue

Tuesdays and Thursdays, pick up at the Nutrition Center door from 11:00 am - 12:00 pm.

Please wear a mask when you come to pick up.

Tuesdays will be a sandwich meal and Thursdays will be a reheatable meal each at a suggested \$3 donation. Please call by noon the day before to order your meal at 508-866-4698 x4.

"Coffee with the Chief" Resumes

During our Coffee Hour on *Tuesday, October 6th from 10:00 am - 11:30 am* meet with Carver Police Chief, Marc Duphily, who will listen to any of your questions and concerns. Forward going "Coffee with the Chief" will continue on the first Tuesday of each month.

COUNCIL ON AGING

Monday -Thursday
9 AM-3 PM
Friday 9 AM-12PM
48 Lakeview St., South Carver
508-866-4698

COA DIRECTOR

Connie Kelly
Monday-Friday
8 AM - 4 PM
508-866-4698 x3

BOARD OF DIRECTORS

Donna Marie Forand-Chair
Betty Sullivan - Vice Chair
Helen Marrone-Secretary
Savery Moore
Claudia Miller
Nancy Ryan - Alternate

FRIENDS OF THE CARVER COA

Ron Clarke - President
Paul M Kelly -Vice President
Madeline Joyce -Treasurer
Jackie Rogerson - Secretary
508-866-4698

The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.

GATRA Dial-A-Ride

Shopping - Dining - Appointments - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus. Have the address of the location to which you need transportation when you schedule.

Call in advance to CANCEL a reservation.

Messages can be left after hours.

DO NOT call the drivers directly!

Please consider other passengers and limit the number of shopping bags on shopping trips

UPDATED LIMITED SCHEDULE

Due to the Corona Virus, Gatra Bus Service has changed.

Capacity is limited to 2 passengers maximum per bus and masks are required.

Trips are limited to:

*** Doctor's Appointments**

*** Pharmacy Runs**

*** Grocery Shopping at Shaw's Carver Only
Wednesdays and Fridays**

GATRA Bus FAQs

What towns does GATRA provide rides to?

Transportation is provided to the towns adjacent to Carver.

What is the fee for riding the GATRA bus?

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. *A book of passes makes a great gift for any senior in your life that needs transportation!*

How do I schedule a ride?

Call **508-866-4698 x-1** prior to 12 pm the day before.

Closing Due To Weather Conditions

The Carver COA will be closed and bus services canceled if and when the Carver Schools are closed.

Closing announcements are broadcast on WPLM radio.

Any 1 or 2 hour school **delays** will cancel any bus trips scheduled from 8 - 9 or 8-10 on that day.

LOAN CLOSET

The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., available to borrow at no charge.

Sanitization is the responsibility of the borrower.

COPIES

This free service is not available at this time while the COA building is still closed to the public.

VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at 508-866-3406.

LEGAL ADVICE

Attorney-At-Law Lawrence L. Hale is available to meet with seniors, by appointment only, for free legal advice and counseling in 15 minute appointments. **Until the COA is fully open, please call Attorney Hale's office directly at 508-866-2900 and be sure to mention the referral from the COA.**

ATWOOD HOUSE RENTAL

The Nutrition Center at the Atwood House is not available for rent at this time

FRIENDS OF THE CARVER COUNCIL ON AGING

New members are always welcome!

Annual membership is \$10.

Please contact Madeline Joyce or Friends of the Carver Council on Aging, PO Box 72, Carver, Ma 02330.

SENATOR PACHECO

Call **508-822-3000** or **617-722-1551** to see if you can schedule an appointment.

STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call the district office at **508-295-5999** to see if you can schedule an appointment.

WELLNESS CLINIC - "ASK THE NURSE"

The Tuesday screenings for blood pressure, glucose and cholesterol checks are not available at this time while the COA is not fully open.

HAIRCUTS BY DONNA

Donna Lawrence is available to provide in-home hair cuts by appointment; \$15 for a cut, cut and blow dry \$25. Call **508-866-4698 x3** to make an appointment.

The outpouring of good wishes from the people of Carver has been overwhelming. I enjoyed twenty-six years of dealing with the amazing seniors of Carver. As I retire, I want to sincerely thank all of you for the wonderful memories.

Judy Murphy



GATRA MINI-BUS

Peggy Wood

Dispatcher

Monday – Friday

9 AM-12 PM

508-866-4698 x 1

OUTREACH SERVICE

Outreach Worker

Mon., Tues. & Fri.

9 AM - 2 PM

508-866-4698 x 2

NUTRITION CENTER

June Benson

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

508-866-4698 x 4

Lunch weekdays at 11:45

WEEKLY ACTIVITIES

ACRYLIC / OIL PAINTING CLASSES

All classes are on hold until further notice.

BINGO

Bingo is on hold until further notice.

CRIBBAGE/RUMMIKUB/SKIP BO

Games are on hold until further notice.

MONTHLY ACTIVITIES

COFFEE WITH THE CHIEF

Resumes again for the **first** Tuesday of each month at 10:00 - 11:30 am.

SINGO with Jim the DJ Guy is on hold until further notice.

FOOT CARE CLINIC

This service is not available at the COA at this time. If you are in need of pedicare you can call Dr. John McLaughlin (podiatrist) at 781-738-3472 or Beth Israel Podiatry Clinic at 116 Court St., Plymouth at 508-747-1973.

BASKET WEAVING CLASSES with Patty Batson are not being held at the COA at this time.

PLYMOUTH COUNTY SHERIFF'S DEPARTMENT SAFETY ASSURANCE PROGRAM



This is a **FREE** program available to all residents of Plymouth County. It is a valuable resource for adults who live alone, providing an added support system that can provide security and improve your quality of life. Friends and family also benefit by having peace of mind that you are starting your day safe and sound.

A call is placed to a participant through a computerized telephone system to your home phone or cell phone at a time of day of your choice each day. Calls are received between 6 am and noon.

This is a free service with NO monthly fees, equipment requirements or special codes to remember. **To enroll, call 508-830-6526 or fill out the application at www.pcsdma.org/sac.html.**

WHAT'S HAPPENING THIS MONTH

CALMING ANXIETY IN TIMES OF UNCERTAINTY WEBINAR

Monday, October 5th, 10:30 - 11 am

Join this Wellness Webinar online offered by Blue Cross Blue Shield of Massachusetts to discover simple techniques to break the cycle of anxious thoughts and lessen anxiety. Learn breathing exercises that promote relaxation and calmness. **Register at bcbmsa.info/Oct5.**

ESSENTIAL OILS ZOOM CLASS ON IMMUNITY

Facilitated by Chris Ventura of doTERRA Essential Oils
Wednesday, October 7th at 2:00 pm
Please join Chris to discover the healing qualities of plants.....nature's pharmacy!
Learn how to support your immune system NATURALLY. Essential oils naturally occur in all living plants, roots, flowers, and bark.....these oils are the plants IMMUNE system!
Learn how simple it is to put these oils to good use, to help our body stay healthy. Hope you will join us! Please call at **508-866-4698 x3** to register and to receive the Zoom link.



HEALTHY EATING ON A BUDGET ZOOM PRESENTATION

Facilitated by Patricia Livie of Old Colony Elder Services
Thursday, October 15th, 1- 2:30 pm.
Topics that will be covered include: exploring the new food label, creating a healthy menu, shopping tips, serving size vs portion size plus tips for ordering takeout. *To register, please contact Patricia at 508-584-1561 x373, leaving your name, phone number and the program: "Healthy Eating on a Budget".*

FREE "TAKE & MAKE" CRAFTS

Sponsored by the Friends of the Carver Council on Aging
Pick up at the Nutrition Center
Thursdays between 11 - 12.
Reservations need to be made by noon the day prior: 508-866-4698 x3.

***Mini Canvas Sunflower 10/1**
Easel with mini canvas, paints and brush plus instructions.

***Fall Scene Paper Collage 10/8**
Colorful card stock to cut to create an autumn landscape. Paper and instructions supplied.

***Fall Leaf Mobile with Beads 10/15**
Supplies include: small twig wreath, fishing line, silk leaves and beads plus instructions.

***Videos of these crafts are available online on the Friends website: friendscarvercoa.com as well as on Area 58 Cable TV.**

3D Wooden Owl Decoration 10/22
Dimensional wooden owl with paints and brush. Custom colors can be requested with your reservation.

Sugar Skull Decoration 10/29
Wooden stand with paint and brush included.

ONLINE VIDEO CHAIR YOGA

A custom COA chair yoga class taught by Mary Wilson of Wild Divinity Yoga will be available to watch online during the week of October 5th! It will be available on the Friends website: friendscarvercoa.com. Support beginner chair yoga Zoom classes will be offered on October 14th and 28th at 9:30 am. Please call **508-866-4698 x3** to register and to receive the Zoom link.

MEDICARE OPEN ENROLLMENT

Medicare Open Enrollment is **October 15th through December 7th.** Due to the pandemic, our SHINE Counselor Maureen Drilling will only be available to provide assistance by phone. Blank medication forms will be available by request for pick up at the COA and need to be completed prior to your SHINE consultation. Please call **508-866-4698 x4** to have Maureen contact you for an appointment by phone. Don't forget to adjust your Medicare plan for next year during this time!

FOOD PANTRY

Shane Gives Thanks - 128 Main St.
Tues./Thurs/Fri. - 9am-1:30 pm
Sun. - 9am-11 am
Mon./Wed./Sat. - Closed
Home Delivery to homebound residents.
508-866-7673

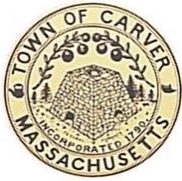
MEALS ON WHEELS

The COA provides Meals on Wheels for homebound elders.
Monday - Friday
Daily Cost: \$3.00
Call the Nutrition Center at
508-866-4698 x 4

SHINE PROGRAM

Health Insurance Counseling
Maureen Drilling

Appointments via phone or email only available at this time.
508-866-4698 x4








CARVER COUNCIL ON AGING
P.O. BOX 618
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts
U.S. Postage PD
#37
Carver, MA 02330

Get all the COA news the
fastest way possible,
sign up to receive your
newsletter by email: Carver-
COANews@carverma.org.

OCTOBER 2020

SUN	MON	TUE	WED	THU	FRI	SAT
	Make Reservations for Grab & Go lunch by 12:00 noon	Coffee Hour 10 - 11:30 Grab & Go Lunch Pick up 11 - 12	Make Reservations for Grab & Go lunch &/or Craft by 12:00 noon	1 Coffee Hour 10 - 11:30 Grab & Go Lunch &/or Craft Pick up 11 - 12	2 	3
4	5 Beginner Chair Yoga w/ Mary Wilson Online BCBS "Calming Anxiety" Webinar 10:30-11	6 Coffee Hour Coffee w/ the Chief 10 - 11:30 Grab & Go Lunch Pick up 11 - 12	7 doTERRA Immunity & Essential Oils Zoom Class 2pm	8 Coffee Hour 10 - 11:30 Grab & Go Lunch &/or Craft Pick up 11 - 12	9 	10
11 Reminder: Medicare Open Enrollment is October 15th - December 7th Call SHINE for a consultation	12 Columbus Day CLOSED	13 Coffee Hour 10 - 11:30 Grab & Go Lunch Pick up 11 - 12	14 Beginner Yoga Zoom Class w/ Mary Wilson 9:30	15 Coffee Hour 10 - 11:30 Grab & Go Lunch &/or Craft Pick up 11 - 12 Eating Healthy Zoom 1-2:30	16 	17
18	19 COA BOD Meet & Greet at the Gazebo 2 pm (Rain date 10/21)	20 Coffee Hour 10 - 11:30 Grab & Go Lunch Pick up 11 - 12	21 Make Reservations for Grab & Go lunch &/or Craft by 12:00 noon	22 Coffee Hour 10 - 11:30 Grab & Go Lunch &/or Craft Pick up 11 - 12	23 	24
25	26 Make Reservations for Grab & Go lunch by 12:00 noon	27 Coffee Hour 10 - 11:30 Grab & Go Lunch Pick up 11 - 12	28 Beginner Yoga Zoom Class w/ Mary Wilson 9:30	29 Coffee Hour 10 - 11:30 Grab & Go Lunch &/or Craft Pick up 11 - 12	30 	31 Halloween